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From: Tavares, Bonnie (EHS) <bonnie.tavares@massmail.state.ma.us>
Sent: Monday, December 17, 2012 3:37 PM
To: Hanchett, James (DPH)
Subject: Connecticut Tragedy

Hello EOHHS Staff:

In the aftermath of the unspeakable tragedy in CT this past week we have received requests for information on coping with the distress and sadness and shock of this traumatic event. We have created a tab on the EOHHS EAP website with some links to several articles. To access this information go to www.myeap.us

Enter (username) EOHHS and (Password) EAP

Select your EOHHS agency

Look for the tab: "Connecticut" on the home page.

Here are some of the articles that are available:

- Coping with Trauma: How Families Can be Supportive
- Managing Your Distress in the Aftermath of a Mass Shooting
- Managing Traumatic Stress: Tips for Recovering from Disasters and Other Traumatic Events
- Tips for Talking with Children and Youth After Traumatic Events

As always you can contact an EAP counselor 24/7 by calling 877-237-0572.

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